

Make sure you aren't missing out because of FOOT PAIN!

Did you know kids inherit their **FEET** from their parents? Make sure they don't inherit your PAIN too!



Adults:

- Runner's Knee
- Stress Fractures
- 🖣 Ankle Pain or Instability 🛛 🖣 Toe Walking
- Shin Splints
- 🖣 Plantar Fasciitis

Kids:

- **Flat Feet**
- In-toeing
- Foot/leg pain
- Poor Coordination

Ask your practitioner **TODAY** how littleSTEPS® and QUADRASTEPS® can help you have a **GREAT SUMMER!**